

JANUARY/FEBRUARY 2021 • VOLUME 16 ISSUE 1

COMMUNITY WELLNESS



January is

Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness in the United States. Many people don't know that glaucoma has no symptoms in its early stages.

The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision.

Anyone can get glaucoma, but those at higher risk include:

- African Americans over age 40
- Everyone over age 60, especially Hispanics/Latinos
- People with a family history of the disease



TABLE OF CONTENTS

The Plan For 2021 • P. 2

Healthy Recipe Healthy Food Can Be Convenient, Too • P. 4

Food and Fitness: Make It a Family Affair • P. 6

Bake for Family Fun Month • P. 7

Prevent These 8 Common Injuries • P. 8

Human Trafficking Prevention Month • P. 10

Ways to Change Unhealthy Eating Habits • P. 11

February is National Children's Dental Health Month • P. 11

THE PLAN FOR 2021

LESLENE E. GORDON, PHD, RD, LD/N
COMMUNITY HEALTH DIRECTOR

Our initial reaction to COVID-19 in early 2020 was to respond as if the crisis was a sprint. We should not make the same mistake in 2021; this is a marathon. Besides the obvious differences in time and distance as we compare these races, several additional and somewhat random COVID related thoughts come to mind.

I am no athlete, but as a fan I know a little about track and field. The physical and mental preparation for a sprint and a marathon and the experiences themselves are very different. According to the experts, "Unlike sprint training, the longer period of long-distance training strengthens the cardiovascular system, enhances your heart and increase your muscles' blood flow, which eases your body's ability to deliver oxygen to your muscles." The stamina developed teaches your body how to store and release energy as needed. Long distance runners may not look as beautiful and muscular as sprinters, but they are just as strong and healthy.

So, rather than a resolution for the new year, let's make a plan. A plan for endurance in 2021. Like marathoners, we should pace ourselves and stay the course in preventing the spread of COVID. Yes, we are tired of the restrictions and the daily case and death counts. But, like marathon runners, we must push through the mental distress that occasionally makes us want to throw in the towel; we must persist. Fortunately; unlike a runner, we don't have to do this alone. Part of our individual plans must include strategies to manage the physical and mental strain that is only human as we face this historic time. When it gets to be too much, reach out for help from a friend or professional. Resources exist in our community. A call to the local health department could point you in the right direction.

After more than 25 years in public health, I don't believe we have experienced in recent years more difficult times, 2020 has been really tough! I have been told that a marathon is a hard, no, very hard race to run, and in addition to training it requires planning. Public health professionals know about planning. We have been doing it for years with local hospitals and other partners. It is the work of public health to plan for emerging health threats. Our challenge now is to trust the plan, despite the complexities, the unexpected and the unknowns.

Sprinters are often able to see the finish line even at the start of the race. Marathoners run knowing that the end, the unseen finish line is ahead, but they cannot see it. They know there will be an end to the race, and they maintain energy to finish the race. They run with confident hope. We don't have the answers to all the infection, vaccine and other related questions, and we are tired, but we do know that we are approaching the end. Don't lose hope, we are almost there.

“

*Rather than a
resolution for
the new year,
let's make a
plan.*

Have a question or comment? Email us: DLCHD29WebsiteDistribution@flhealth.gov

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Healthy Recipe

Warm chocolate souffles

Although these souffles are made with unsweetened cocoa instead of the usual rich chocolate, their flavor is just as intense. If you are unable to find fresh raspberries, sliced fresh strawberries will do nicely.

Ingredients

1/2 cup(s) cocoa powder, unsweetened
6 tablespoon water hot
1 tablespoon butter, unsalted
1 tablespoon oil, canola
3 tablespoon flour, all-purpose (plain)
1 tablespoon nuts, hazelnuts ground, or almonds
1/4 teaspoon cinnamon, ground
3 tablespoon sugar, brown, dark firmly packed
2 tablespoon honey
1/8 teaspoon salt
3/4 cup(s) milk, lowfat (1%)
4 egg white(s)
3 tablespoon sugar, granulated
1 teaspoon sugar, powdered
1 cup(s) raspberries

Instructions

Serves 6

Preheat the oven to 375 F. Lightly coat six 1-cup individual souffle dishes or ramekins with cooking spray or coat a 6-cup souffle dish with the spray.

In a small bowl, combine the cocoa and hot water, stirring until smooth. Set aside.



In a small, heavy saucepan over medium heat, melt the butter. Add the canola oil and stir to combine. Add the flour, ground hazelnuts and cinnamon and cook for 1 minute, stirring constantly with a whisk. Stir in the brown sugar, honey and salt. Gradually add the milk and cook, stirring constantly, until thickened, about 3 minutes. Remove from the heat and stir into the cocoa mixture. Let cool slightly.

In a large, thoroughly cleaned bowl, using an electric mixer on high speed, beat the egg whites until foamy. Add the granulated sugar 1 tablespoon at a time and beat until stiff peaks form. Using a rubber spatula, gently fold 1/3 of the egg whites into the cocoa mixture to lighten it. Then fold the remaining egg whites into the cocoa mixture, mixing gently only until no white streaks remain.

Gently scoop the cocoa egg white mixture into the prepared dishes (or dish). Bake until the souffle rises above the rim and is set in the center, 15 to 20 minutes for individual souffles or 40 to 45 minutes for the large souffle. Cool the souffles on a wire rack for 10 to 15 minutes. Using a fine-mesh sieve, dust the top with the confectioners' sugar. Garnish with raspberries and serve immediately.

Healthy Food Can Be Convenient, Too



Takeout menus and ready-to-eat entrees save you time but not calories. Opt for healthier fare with these tips.

You know that the oversized portions, endless bread baskets and heavy sauces at restaurants can thwart your efforts to lose weight. But do you know how many calories you're eating at your own kitchen table or office desk from foods that were prepared outside your home? This includes takeout foods, ready-to-eat entrees, to-go pizzas and paninis, deli salads, and all the prepared foods

made in your local grocery store.

If you're eating a lot of meals that you didn't make with your own two hands, you're in good company. Research shows that spending on takeout and prepared foods has been on the rise in the United States for the past four decades. This trend is a serious contributor to weight gain and other health problems in adults and children.

What's the connection? When you buy takeout or prepared foods, you're often trading convenience for calories. Foods prepared outside your home are a timesaver, but they often contain more fatty and sugary ingredients than you would typically use at home. Plus, portions can be big. As a result, grabbing foods on the go can add a lot of calories to your day. In addition, prepared foods tend to be high in salt and low in fiber and other nutrients that help promote overall health. A deliberate effort to curb your convenience foods or choose healthier options can make a huge difference in your weight-loss efforts. Follow these tips:

- **Eat breakfast at home, or pack it up.** It's ideal to avoid less-healthy takeout and prepared foods as much as possible. But that may seem difficult if you regularly eat on the run. Start one meal at a time. Eat a quick and healthy breakfast — such as whole-grain cereal or whole-grain toast with peanut butter and a piece of fruit — before you leave the house. Or take a healthy option — such as a banana and yogurt — with you rather than picking up a bagel or muffin at your local coffee shop. If your mornings are frantic, figure out what you're going to eat the night before and set out dry ingredients and bowls to save time. Or make a to-go breakfast the night before that you can grab in the morning.

- **Pack a flavorful, healthy lunch that you look forward to eating.** It doesn't matter how healthy your packed lunch is if you skip it and head to a cafe with co-workers — or it leaves you unsatisfied and reaching for a cookie. If you look forward to a turkey sandwich with lettuce and tomato on whole-wheat bread and a side of fruit every day, that's great. If not, pack something you want to eat. Cook an extra chicken breast at dinner. Then slice it and toss it with strawberries, pecans and spinach for lunch. Or put together a whole-wheat wrap with black beans, salsa, lettuce, tomato and a few slices of avocado.

- **Bring along healthy snacks.** When you leave the house, take fresh fruits and vegetables with you. Or keep them at your office. Having healthy snacks at hand will reduce your reliance on convenience foods. To save time, cut up veggies or fruit when you return from the grocery store and put them in travel containers. Or pack a few pretzels and a small container of cottage cheese for dipping.

- **Assemble simple dinners.** You can assemble a quick dinner from fresh ingredients in the same amount of time it takes to wait in line at your local takeout joint. Rather than running for takeout, go to the grocery store and buy smoked salmon, a whole-wheat baguette and the fixings for a Greek salad — cherry



tomatoes, cucumbers, green pepper, red onion, kalamata olives, a sprinkling of feta cheese, and red-wine vinegar and olive oil for vinaigrette. Toss together the salad ingredients and serve on a platter with the salmon and baguette. Better yet, put these ingredients on your shopping list and meal plan. This Greek-inspired meal will come together even more swiftly if you don't have to stop at the store. And like any dish, the more often you make it, the quicker it is to prepare. Don't care for salmon? Substitute water-packed canned tuna or already-cooked chicken.

Choose wisely when you buy prepared foods. Despite your best efforts to cut back on convenience foods, they may still be part of your diet occasionally. When you do purchase ready-to-eat entrees or takeout meals, avoid fried items and cheesy options. Steamed, broiled, baked or poached entrees tend to be healthier choices. Choose lower-calorie sauces and condiments. Substitute brown rice, whole-wheat bread and other whole grains as much as possible, and load up on fresh vegetables.

Food and Fitness: Make It A Family Affair



One way to make sure your family supports your weight-loss goals is to involve them in your plan. The bonus is that they'll become healthier, too, which is especially important for children who are overweight or at risk of obesity.

Try these ideas to get the entire gang on board:

- Keep healthy foods — oranges, almonds, carrots — handy for snacking.
- Avoid stocking up on large quantities of unhealthy foods — if it's not in the house, they (and you) won't be tempted.
- Avoid fast-food restaurants. If you do go, focus on healthier choices.
- Take your kids grocery shopping. Teach them how to read food labels. Give them options so that they can learn to make good choices.
- Adapt your recipes so they're healthier. Sneak in vegetables when possible. Add plenty of spices and herbs for flavor so you won't need to use as many high-fat ingredients like butter and cheese.
- Let your children help in the kitchen. They will be more excited to eat a healthy meal they helped prepare!
- Make easy-to-fix healthy meals ahead of time, like soup and healthy casseroles. You can freeze them and heat them when needed.

If your children's school rarely offers healthy foods, teach your kids how to pack a healthy lunch. And consider talking with other parents and the school to try to initiate a healthier lunch program.

- Schedule family meals several times during the week. Studies show that children who eat with their families tend to have healthier eating patterns. Find ways to make healthier versions of family favorites.
- Encourage all family members to develop a taste for new foods. You can do this by setting household rules such as: You must try at least one bite of a new food or dish, instead of refusing it completely.

Worried that it will be difficult to get your family to follow suit? Keep at it! Palates change over time, and pretty soon the healthier option will be preferred over unhealthy fare. Everyone benefits when the family focuses on healthy habits — the effort is worth it. Choose one idea and get started today!

February is Bake for Family Fun Month

Baking is an inexpensive family activity that provides opportunities for families to share baking traditions, recipes and family heritage that can be handed down through each generation. February is Bake for Family Fun Month, and the Home Baking Association encourages families to spend time together in the kitchen. Below are some tips on how to get started.

Baking tips from the Home Baking Association:

- **Do some prep work.** Prep by reading and trying the recipe first. Add 20 to 30 minutes to explain, show and guide beginners and 15 minutes for intermediates or experienced bakers. Divide it into two sessions if needed, or pre-measure or prepare some steps beforehand.
- **Keep it clean.** Remember to wash hands and countertops before starting and cleaning up after you're done. Provide separate towels for hands and dishes and frequently wash pot holders. Aprons or large T-shirts are great for keeping clothes clean during the baking process.
- **Take it one step at a time.** Read the recipe, gather ingredients, and make sure nothing was left out. When short on time, or working with beginning or young bakers, prepare some steps ahead or do some steps one day and complete the mixing or baking the next.
- **Use the right tools.** Pour liquids (water, oil, milk, honey, corn syrup) in a clear liquid measuring cup placed on the countertop. Read amount at eye level. Use standard dry measures for dry ingredients (flours, sugar, cocoa, brown sugar, cornmeal). Use measuring spoons for small amounts less than $\frac{1}{4}$ cup (4 tablespoons).
- **Do a safe kitchen checklist.** Turn handles of pans toward the center of the stove so sleeves or people passing by won't catch on them and spill. Keep cupboard doors and drawers closed unless in use. Use only dry hot pads or oven mitts because heat goes through damp mitts. When stirring or checking for doneness, tilt the lid away from you so steam is released away from your face.
- **Oven ins and outs.** Before preheating, make sure the oven racks are in the right place for the pans and recipe. Preheat the oven as the recipe directs. Place pans in the oven so they do not touch each other or the oven sides. Do not place pans on racks directly below or above another pan. Keep clean, dry oven mitts or pads close by.
- **Baking can be a learning experience.** Children and adults learn a lot together in the kitchen. The results of cooking or baking together contributes to stronger relationships at home and in groups and children learn time management, team skills, following directions, and problem solving.

Prevent These 8 Common Injuries



Stay in the game and learn how to listen to your body and avoid injury with these tips.

Overuse injuries can be the bane of physically active people, from elite athletes to weekend warriors. Excessive, repeated stress on tendons, bones and joints over weeks or months can lead to painful knees, shin splints, tennis elbow and other overuse injuries. Most of these problems stem from the "terrible toos": trying to do too much, too hard, too soon. Not getting enough rest and using poor technique or equipment can

also make you vulnerable.

You can prevent overuse injuries by following some common-sense guidelines and listening to your body.

Common Overuse Injuries

Unlike the sudden pain of a torn ligament or sprained ankle, overuse injuries develop slowly and show up more subtly. At first you might feel minor pain or tenderness in the affected area just after you exercise. Eventually the pain becomes chronic and may keep you from participating in your sport or everyday activities.

Common overuse injuries include:

- **Tennis elbow** (lateral epicondylitis) — Pain and weakness at the outside of the elbow
- **Golfer's elbow** (medial epicondylitis) — Pain and weakness at the inside of the elbow
- **Swimmer's shoulder** (rotator-cuff tendinitis) — Pain with overhead activity, problems sleeping on the shoulder, weakness of the shoulder
- **Runner's knee** (patellofemoral pain syndrome) — Pain around or underneath the kneecap, made worse with running, jumping or cycling, going up or down stairs, and sitting with knees bent
- **Shin splints** (medial tibial stress syndrome) — Leg pain associated with running
- **Achilles tendinitis** — Ankle pain associated with running, dancing or jumping
- **Plantar fasciitis** — Heel or foot pain that's often worse with your first steps of the day
- **Stress fractures** — Pain in the foot, lower leg, hip or other area that's made worse with weight-bearing activity

Limits and Common Sense

To avoid overuse injuries without sacrificing your commitment to fitness, follow these guidelines:

- **Increase your workouts gradually.** Observe the 10 percent rule — don't increase your workout time or distance by more than 10 percent each week. If you're currently running 10 miles a week, add one mile or less a week to your total.
- **Warm up, cool down and stretch.** Warm up for five minutes before your activity by exercising at a low intensity, then do some slow stretches that you hold for about 30 seconds. After exercise, cool down for five minutes, then stretch again.
- **Rest when needed.** Fatigue may increase your chance of injury, so allow time for your body to recover and heal. Include rest days and easy days in your schedule.
- **Cross-train with other activities.** Pursue a variety of exercises to give your joints and muscles a break. If your main focus is an aerobic exercise such as running, incorporate strength training into your routine — and vice versa.
- **Learn proper technique.** Take lessons or work with a coach or trainer to learn the correct techniques — especially if you're learning a new sport or using a new piece of equipment.
- **Get the right equipment.** Choose the appropriate shoes for your activity, and replace them when they're worn out. Consider using orthotics or a heel cushion if you experience foot pain. Running shoes should be well cushioned.
- **Pay attention to evenly working your muscles** Strengthen muscles on both sides of your body to avoid imbalances.

Above all, listen to your body. Don't ignore pain — it signals that you may be heading for injury. Remember, it's better to take a day or two off than to find yourself laid up for several weeks waiting for an injury to heal.

Human Trafficking Prevention Month

Human trafficking is the illegal practice of trading people for the purpose of forced labor, including sex work, and other forms of exploitation. Approximately 40 million people are impacted by trafficking each year, with forced labor and sex trafficking being the most common forms. Some individuals are more vulnerable to trafficking and may have the following characteristics:

- Come from a low socio-economic background
- Be homeless or have run away from home
- Be an immigrant
- History of abuse or rape
- Be in foster care
- Be a cultural or ethnic minority

Human trafficking does not always include moving a victim from one place to another and often takes place in plain sight. Being aware of indicators can help educators, health practitioners and the general public take steps to help those who have been suffering from this modern day slavery. Victims of human trafficking have no control over their lives and may not realize they are a victim. Some signs are:

- Show signs of physical abuse or injury
- Do not have control over their wages, money or finances
- Unfamiliar with the neighborhood where they live or work
- Lack identification, passport or other travel documents or do not have control over their documentation
- Provide sexual services in a strip club, massage parlor or brothel and have a manager or pimp
- Cannot leave their work environment or cannot quit to find another job
- Appears fearful of or under the control of another person
- Unable to freely contact friends or family
- Are forced to work under certain conditions
- Work excessively long hours over long periods.
- Unfamiliar with surroundings and do not know whom to trust
- Fear law enforcement and other authorities

For more information visit: <https://humantraffickingsearch.org> and <https://www.dhs.gov/blue-campaign/what-human-trafficking>



LASTING EFFECTS

VICTIMS OFTEN TIMES HAVE LONG-TERM HEALTH PROBLEMS

- Drug addiction
- HIV/AIDS
- Anxiety/insecurity/fear
- Post-Traumatic Stress Disorder
- Depression and suicide
- Malnutrition/poor development

February is National Children's Dental Health Month



We want to give you the resources you need to ensure your child establishes good habits early in life.

Helping kids maintain good dental health is incredibly important to their developmental growth. Brushing twice daily using a soft brush and fluoride toothpaste along with flossing is important for kids of all ages, as cavities can take hold early. You should start scheduling regular cleanings and checkups with the dentist earlier than you might realize! Here are some tips for ensuring good dental health as your kids grow:

Babies

- Parents should begin brushing baby teeth as soon as they start to pop through the gums.
- Babies should have their first dental appointment by their first birthday.

Preschoolers

- Preschoolers typically start to want to brush by themselves, but they still need help to ensure they're brushing correctly.
- Teaching proper brushing technique is good prep for the elementary years when they will start brushing on their own.
- Getting kids excited about brushing isn't always easy, but letting them pick their toothbrush and a fun toothpaste can help!

Elementary

- At this age, kids often have busy schedules that can lead to poor dental hygiene due to rushing through brushings or failing to brush. Good dental hygiene habits will likely follow children into adulthood.
- Use a soft-bristled brush with a fluoride toothpaste twice and floss once daily.
- Limit sugary drinks and foods, and encourage your child to drink water to increase saliva production, which helps protect against cavities and decay. Hard snacks like carrots and apples also help to clean teeth.

Teens

- For teenagers, even busier schedules can be problematic for dental health. Buy a few disposable or travel toothbrushes and tubes of toothpaste to stash in backpacks and vehicles.
- Highlight the importance of a clean smile and fresh breath for a positive self-image.

UPCOMING EVENTS

January/February 2021

DID YOU KNOW... TAMPA BAY HAS THE HIGHEST RATE OF FRACTURES IN THE UNITED STATES *

Take Charge of Your Bone Health! Register today for any of our FREE 1 hour virtual programs and learn ways to achieve your optimum bone health!



EATING FOR HEALTHY BONES™

To keep our bones strong and healthy for life, we need to feed them properly! Find out how by tuning in to Eating for Healthy Bones™, a free virtual event that will empower you.

Thurs, Jan 7 6:30 PM

<https://event.webinarjam.com/channel/EHB-HBTB-1-7>

Tues, Jan 19 1:00 PM

<https://event.webinarjam.com/channel/EHB-HBTB-1-19>

Thurs, Jan 28 1:00 PM

<https://event.webinarjam.com/channel/EHB-HBTB-1-28>

Thurs, Feb 25 12:00 PM

<https://event.webinarjam.com/channel/EHB-HBTB-2-25-21>



FREEDOM FROM FRACTURES™

Take charge of your bone health! Join us for this virtual program to learn more about how to achieve optimum bone health or how to help a loved one avoid bone fractures.

Tues, Jan 5 12:00 PM

<https://event.webinarjam.com/channel/FFF-HBTB-1-5>

Thurs, Jan 14 12:00 PM

<https://event.webinarjam.com/channel/FFF-HBTB-1-14>

Tues, Jan 26 11:00 AM

<https://event.webinarjam.com/channel/FFF-HBTB-1-26>

Thurs, Feb 18 12:00 PM

<https://event.webinarjam.com/channel/FFF-HBTB-2-18-21s>



STEPPING OUT STRONG™

Get your balance checked, and learn simple exercises you can do at home to improve balance, strength and flexibility.

Tues, Jan 12 11:00 AM

<https://event.webinarjam.com/channel/SOS-HBTB-1-12>

Sat, Jan 23 10:00 AM

<https://event.webinarjam.com/channel/SOS-HBTB-1-23>

Mon, Feb 8, 11:00 AM

<https://event.webinarjam.com/channel/SOS-HBTB-2-8-21>



POSTURE POWER™

This free virtual event will help you learn the right and wrong ways to do your everyday activities to protect your spine from injury. Stand tall and get the most out of life!

Sat, Jan 9 10:00 AM

<https://event.webinarjam.com/channel/PP-HBTB-1-9>

Thurs, Jan 21 3:30 PM

<https://event.webinarjam.com/channel/PP-HBTB-1-21>

Hosted by Florida Department of Health

Based on claims data from Symphony Health Solutions; data period Jan-2018 to Dec-2018. Tampa Bay Area is defined at Tampa-St. Petersburg-Clearwater statistical metropolitan area.

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GIFT @ Work

A Worksite Wellness Program

HOW IT WORKS



Increases In:

- Productivity
- Employee Morale
- Self-Esteem
- Overall Health Outcomes



Decreases In:

- Absenteeism
- Employee Turnover Rate
- Stress Levels
- Healthcare Costs



It is known that a productive company would not exist with unhealthy employees. Daily chores that we make can aid creating healthier, stronger, and happier versions of ourselves at work and at home. The Community Health Division within the Florida Department of Health in Hillsborough County is offering any businesses a corporate wellness program to improve the overall health of their employees.

If your business is interested, please call **(813) 559-4152** and learn how you can get started!

**EVERY DOLLAR
INVESTED YIELDS \$6
IN HEALTH-RELATED
SAVINGS**



Interested in receiving a copy of the newsletter?!

The Florida Department of Health in Hillsborough County's bi-monthly newsletter is available online at <http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/community-wellness-newsletter/index.html>.

The newsletter can be printed and mailed to your address for your convenience.

To preserve your privacy, if you would like to be added to the email distribution list or receive a mailed copy, please call (813) 307-8071 or email to DLCHD29WebsiteDistribution@flhealth.gov.

Want to be a healthier you? We can help!

The Florida Department of Health has **FREE VIRTUAL** health education programs.

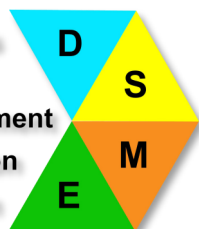
Call **813-307-8009** to register.

The logo for the BP F♥R ME program. It features the text "BP F♥R ME" in a bold, black, sans-serif font. The heart symbol is red with a white ECG line running through it.

BP For Me

This 4 week program is designed for individuals who have high blood pressure and want to improve their heart health and reduce their risk for complications.

Diabetes
Self-
Management
Education
Program



Diabetes Self Management Education

If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through reducing risks of complications, improving nutrition, increasing physical activity and self-monitoring, learning about medications, and practicing coping skills.



Diabetes Prevention Program

This program can help anyone who is overweight, pre-diabetic, or at risk for Type 2 diabetes. Participants will learn and practice skills on healthy eating, being active, and positive coping for a healthy lifestyle change.



Get Into Fitness Today

In a 6 week or 12 week program, participants learn about healthy eating, physical activity and ways to live a healthier life.



Get Into Fitness Together– a Learning Emotional Activity Program (GIFT-LEAP)

This program is designed to encourage children ages 5-9 to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6 weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join their 5-9 year-olds in the program!

BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

We offer **FREE** mammogram & pap smear testing!

For more information and to schedule an appointment, call **813-307-8082**.

Upcoming mobile mammography:

Tampa Family Health Center

To schedule an appointment, call Sophia at **813-284-4529**

Fl♥rida KidCare FLORIDA KIDCARE

The State of Florida health insurance for children (birth through age 18, even if one or both parents are working).

To apply by phone, call **1-888-540-5437**, or

TTY-877-316-8748.

To apply online, visit: www.floridakidcare.org.



FL HEALTH CHARTS

Have you ever wonder how healthy your community or state is? Or

how your own health status compares to other Floridians? If so, Florida Health Charts is a great resource that paints an accurate picture of the health status of our state — with factual information.

The website continues to provide the most up-to-date health statistics you'll find in Florida. Be sure to bookmark the new site: www.FLHealthCHARTS.com.

PARKS AND RECREATION

Hillsborough County Parks, Recreation, and Conservation
www.hillsboroughcounty.org/

Plant City Parks and Recreation
<https://www.plantcitygov.com/parksrec>

Tampa Parks and Recreation
<https://www.tampagov.net/parks-and-recreation>

Temple Terrace Parks and Recreation
www.templeterrace.com/

Farmers Markets around Tampa Bay
<https://www.american towns.com/tampa-fl/local-food/>

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Breast/Cervical Cancer 307-8082
Diabetes 307-8071
Florida KidCare 307-8082
Weight Management 307-8071
Health Literacy 307-8071
Insulin Program 307-8082
Lead Poisoning Prevention 307-8071
School Health 307-8071
Sterilizations 307-8082
Office of Health Equity 307-8066

DISEASE CONTROL

HIV/AIDS Specialty Center 307-8064
Immunizations 307-8077
Sexually Transmitted Diseases 307-8058
Anonymous Testing 307-8058
Tuberculosis (TB) 307-8047

ENVIRONMENTAL HEALTH 307-8059

HUMAN RESOURCES 307-8031

NUTRITION/WIC 307-8074

PHARMACY

(HIV/AIDS care clients only) 307-8072

PUBLIC HEALTH

PREPAREDNESS 307-8042

PUBLIC INFORMATION OFFICER 307-8044

VITAL STATISTICS

(birth & death records) 307-8002

* All numbers are area code (813) unless otherwise indicated.



MISSION: To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

Florida Department of Health
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Health Education (70)
Post Office Box 5135
Tampa, Florida 33675-5135
813-307-8071

Hillsborough.flhealth.gov